



City of Somerville

November 2021

Council on Aging News

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During this month of thankfulness and gratitude, we have been amazed by the warmth and connectivity of all who have joined us for our in-person and virtual programs. We are thankful for being able to provide you with a diverse and interactive month of new and exciting programs.

We can't wait to see you throughout the month of November!

Join us for:

The Mayor's Senior and Veteran's Thanksgiving Dinner Drive-Thru

Wednesday, November 10th
2:00pm—3:30pm
Ralph and Jenny Center
9 New Washington St.

Please reserve your dinner by calling Connie at
617-625-6600 ext. 2319

Join us for:

Kiwanis Thanksgiving Lunch Drive-Thru

Wednesday, November 17th
10:30am—Noon
Ralph and Jenny Center
9 New Washington St.

Please reserve your lunch by calling Connie at
617-625-6600 ext. 2319

Social Services



RMV Senior Hours

During the pandemic, the RMV has been offering senior hours to residents 65 and older at 27 of its RMV branches. With a reservation, older residents are able to visit the RMV, to renew their driver's license and access other services that the RMV offers in person.

If you are interested in making a reservation to visit the RMV you can either call the RMV at 857-368-8005 or go online at www.Mass.Gov/RMV

Diabetic Shoe Clinic

Do you have diabetes as well as Medicare?

You may be eligible for a new pair of diabetic shoes once a year.

The Somerville Council on Aging is hosting a Diabetic Shoe Clinic on

Tuesday, December 14th.

In order to attend our Diabetes Shoe Clinic, you must reserve a 10 minute appointment slot. Please call Natasha at 617-625-6600 ext. 2317 to reserve an appointment today.

Connect with CaptionCall

Caption call is a federally funded program to benefit people with hearing loss.

Caption call provides phones to eligible residents that

- *Displays easy-to-read text*
- *Captioned voice messages*
- *Are hearing aid friendly*
- * Have Bluetooth connectivity*

Caption Call phones are no cost if you have hearing loss and need captions to use the phone efficiently.

***Met with a CaptionCall representative on
Thursday, November 4th from 9:00 am– 10:00am
Holland Street Center***



Join us for our ongoing programs!



Mental Health Awareness Series	November 9th from 11:30am-12:30pm Meets Via Zoom	RSVP to Natasha at 617-625-6600 ext. 2317 or email nnaim@somervillema.gov
Indoor Yoga	Tuesday, November 16th and 30th 10:00am In person at the Holland Street Center	RSVP to Chris at 617-625-6600 ext. 2315 or email ckowaleski@somervillema.gov
Book Club	November 19th from 10:00am-11:00 am. In person at the Holland St. Center and via Zoom	RSVP to Natasha at 617-625-6600 ext. 2317 or email nnaim@somervillema.gov
Caregiver Check-In	November 30th from 11:30am-12:30pm Meets via Zoom	RSVP to Natasha at 617-625-6600 ext. 2317 or email nnaim@somervillema.gov
Indoor Fit-4-Life Exercise Class	Every Monday and Wednesdays at 9am and 11am Meets at the Holland St. Center	RSVP to Chris at 617-625-6600 ext. 2315 or email ckowaleski@somervillema.gov
General Nutrition Classes	Every Monday at 12:30pm at the Ralph and Jenny Center Every Wednesday at 11:00am at the Holland St. Center	RSVP to Mary at 617-625-6600 ext. 2316 or email her at headtofitness10@yahoo.com
Game Day	Every Monday from 9:00am-10:00 am at the Ralph and Jenny Center	RSVP to Maureen at 617-625-6600 ext. 2335 or email mbastardi@somervillema.gov
English Conversation	Every Monday from 10:00am-11:00am at the Ralph and Jenny Center	RSVP to Maureen at 617-625-6600 ext. 2335 or email mbastardi@somervillema.gov
Music and Munch	Wednesday, November 17th at 12:00pm. Meets via Zoom	RSVP to Debby at 617-625-6600 ext. 2321 or email dhiggins@somervillema.gov
Walking Club	Every Friday; meets outside of the Holland St. Center at 9:30am	RSVP to Chris at 617-625-6600 ext. 2315 or email ckowaleski@somervillema.gov

Nutrition



What is Matcha?

Matcha is a powdered green tea enjoyed for nearly 1,000 years in China and Japan. The word 'matcha' comes from the Japanese words ma, which means ground, and cha, to describe the fine powder made from steamed and dried green tea leaves. There are two grades of matcha: **Ceremonial Matcha** is the highest-quality tea made from younger leaves that are stone-ground into a very fine powder and will last up to 6 months when stored in an airtight container in the refrigerator. **Culinary Matcha** is made from larger, more mature tea leaves and has a stronger, more bitter flavor. Although these terms aren't regulated in the United States, they are important in Japan.

Matcha is considered a health powerhouse with a wealth of health benefits such as: **Antioxidants**, Catechins, Vitamin C, Chlorophyll, Caffeine, and Theanine, which all have their own powerful health benefits.

If you are having a busy day, try to incorporate a cup of matcha because it is loaded with polyphenols which are known to boost productivity. According to a study published in the journal, Food Research International, matcha is the best food for your brain and mood. Plus, it keeps you energized all day long. Also bone issues such as osteoporosis are most commonly associated with the elderly. Turns out, matcha can help with that as well!

You Can Put Matcha in Food Too! Choose **Ceremonial Matcha** for tea and use **Culinary Matcha** in smoothies, lattes, or other types of cooking. Matcha adds a beautiful green color and umami flavor to a variety of beverages and foods.

Experiment with Matcha!

- Sprinkle olive oil and matcha on toast and top with fresh berries.
- Blend matcha into plain Greek yogurt and top with fresh berries.
- Stir matcha into hummus for a snack with raw vegetables.
- Add matcha to pancake recipes.
- Stir matcha into oatmeal for a satisfying breakfast.
- Sprinkle matcha onto popcorn.

Bowling is Back!

We will be bowling again on ***Wednesday*** mornings from
9:00am - 11:00am starting on ***November 10th***.

We will meet at Flatbread Company/Sacco Bowl Haven in Davis Square.

For more information or to sign up please call ***Debby*** at ***617-625-6600 ext. 2321*** or email
dhiggins@somervillema.gov

Face coverings are required.



Prevention Corner from Somerville Prevention Services

From mid-November through the New Year, our schedules are suddenly packed with holidays, celebrations, and so much more. While many people look forward to this time of year to celebrate in all the merriment & festivities, the holidays can be stressful for individuals, particularly as it relates to our mental health and potential substance misuse.

Here are some recommendations to enjoy the times while maintaining your mental health & minimizing the chances of misusing substances:

1. **Avoid Known Risks** – if you know certain individuals are triggers for you, it's best to avoid putting yourself in a position to grin & bear it. If you can't avoid them completely, take breaks & find ways to minimize interactions. Keep topics light & avoid more controversial topics that are likely to end in an argument.
2. **Self-Care Routine** – maintain your routines. Whether that be exercise, healthy eating, etc., it's important to keep whatever works best for you in place to nourish your mind, body, & spirit.
3. **Have A Plan** – before the events begin, develop a plan ahead of time to keep yourself in a good spot. This could also include having a solid escape plan if you feel overwhelmed & vulnerable in the moment.

If you have any substance misuse concerns, please call the Massachusetts Substance Use Helpline for assistance at (800) 327-5050.

Did you know?

The City of Somerville partnered with William James College to offer an Interface Referral page with a list of resources that are customized to the Somerville community. To learn more, please visit <https://bit.ly/somwilliamjames>.



Please join us on **Tuesday, November 9, 2021** at **10:00 am** at the **Holland Street Center** for an Interactive Senior Friendly Body Movement Show.

Marcus Santos from **Grooversity Global Drumming Network** will lead this hands-on interactive, multicultural show showcasing a friendly body movement adaptation of traditional rhythms and dances from different countries. The audience becomes part of the show that includes the use of body movement, technology and cultural diversity awareness.

Grab n' Go Lunch available following the performance

*To join the fun, please RSVP to Debby at 617-625-6600 ext. 2321
or email dhiggins@somervillema.gov*



This program is supported in part by a grant from the Somerville Arts Council, a local agency which is supported by the Massachusetts Cultural Council.



Project Outlook **Low Vision Group, returns!**

Project Outlook is a group of residents with low or no vision who enjoy getting together for camaraderie and socialization. Project Outlook meets monthly on the second Tuesday of the month starting **November 9th** from **5:30pm to 7:30pm** at **Holland Street Senior Center**.

Project Outlook has been active for over 30 years. Come join in the conversation, we look forward to meeting you. For more information please call Claudia at 857-237-1801.



Music and Movement with Steve

Thursday, November 18th at 4:00 pm at the Holland St. Center

Join Steve as he plays guitar, sings and leads gentle movements. Just tapping your toe or singing along can help move your body in new ways. Being physically active is not just good for our bodies, but it is also one of Mental Health America's 10 tools to build resiliency; or the ability to overcome obstacles and manage through tough times.



To **RSVP** please call **Debby at 617-625-6600 ext. 2321** or **e-mail her at dhiggins@somervillema.gov**



Our Weekly Bingo and Grab n' Go Lunch Continues into December!



Tuesday, December 7th or December 21st at 10:00 am

at the Ralph & Jenny Center

Thursday, December 2nd, December 9th or December 16th at 10:00 am

at the Holland Street Center

Grab n' Go lunch available following Bingo.

To register, please call **Debby at 617-625-6600 ext. 2321** or email her at **dhiggins@somervillema.gov**



**Join us on Friday, November 12th at 10:00 am
at the Holland St Center to play**

Left, Right, Center

**RSVP to Debby at 617-625-6600 ext. 2321
or email dhiggins@somervillema.gov**





Introducing
Tech Time
with Tufts Occupational Therapy students at the Holland St. Center!

Technology has made the world increasingly connected and easier than ever to stay in touch with loved ones, find information and participate in activities!

Led by students in the Tufts OT Doctoral program, classes will focus on iPad and smart phone use and functions.

Class 1 will focus on basic iPad features, downloading your own apps, basic app use and explaining the different accessibility functions that make it easier to use your iPad. Class 2 will go over functions such as email use, how to use Zoom, how to order food and groceries through delivery apps, and any other questions you may have!

Class 1 – Monday, November 15th at 10:00am

Class 2 – Monday, November 29th at 10:00am

Classes limited to 4 participants each

To sign up or for more information, please contact Chris at 617-625-6600 ext. 2300 or by email at ckowaleski@somervillema.gov



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